

Cross country journey for diabetes awareness

By Rebecca Lyman Reporter/Ad Sales



Photos by Rebecca Lyman
Diabetes Wellness staff members, Dakota Robinson and Chris Tall Bear visit the walkers from the Longest Walk 3.

People from all over the country are walking across America to raise awareness about diabetes.

On April 8, 2011 Native American leader and organizer of the Longestwalk 3 Reversing Diabetes 2011, Dennis Banks, led the journey of southern route walkers to Cheyenne and Arapaho country in Concho, Okla.

The walk is divided between two routes, the northern and southern route. The two groups will meet in Washington D.C. on July 8, 2011 for the National Summit of Diabetes event.

Banks, a diabetic himself, said that diabetes has reached epidemic proportions in Indian country and the percentage of diabetes among Native Americans is as high as 75 percent.

“On Feb. 14 we began this journey and we will walk across 26 states. That’s a total of ten thousand miles ... bringing awareness and educating America on this devastating disease that affects so many of our people,” Banks said.

Dakota Robinson, Cheyenne and Arapaho, Diabetes Wellness program, acting project manager said they are seeing more people aware of this disease.

“We get out to our community and our well-

ness center is an excellence source for anyone to come and exercise. Just set up an appointment with Lyndsay Seawright, our dietician, so they can start living healthier lifestyles.”

Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action or both.

“People can take steps to control the disease and lower the risk of complications,” Seawright, dietician said.

Banks agreed and went on to say, “If we don’t change

the way we live, then the seventh generation will peril. We must set out to preserve our culture and bring back the eating lifestyle of our ancestors.”

The walk will also provide the opportunity to collect diabetic concerns and stories heard across America.

Banks said the United States Department of Agriculture (USDA) will be campaigning with him for Indigenous lands to set aside two million acres of prime farming land into large vegetable gardens to begin supplying Native Americans with fresh produce.

“Everyone should have a garden for good nutrition and exercise. We are working on a 50 year program to reverse the symptoms of diabetes. If we don’t start now, in 50 years we will all be diabetic, with no future at all,” Banks said.

The walkers continued their journey to Canton ending their day in Watonga, Okla. for a dance. A few of the walkers went onto Lawton Okla. for a powwow.

After the discussion, the diabetes wellness staff served lunch to Banks and the southern route walkers.



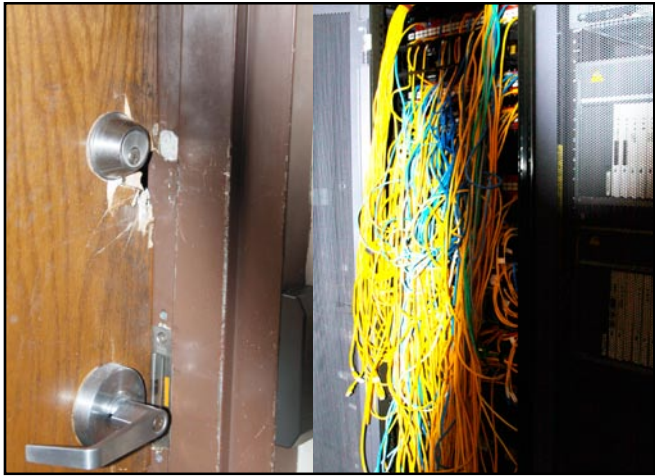
Visitors from the Orient participate in the fight against Diabetes.

Banks said if anyone would like to assist with the most historic walk for the fight against reversing diabetes, to contact The Longest-Walk III Website at www.longest-walk3.com.

“I would like to thank Chris, Dakota and elder care for putting this together ... we enjoyed taking a tour of the wellness center, pumping weights and the t-shirts are great,” Banks laughingly said “I didn’t even mind being followed by the feds.”



Dennis Banks, organizer and coordinator for the Longest Walk journeys.



Photos by Rosemary Stephens
Damages to tribal property totaled in the thousands of dollars.

Tribal headquarters back to business following invasion, vandalism

By Rosemary Stephens, Editor-in-Chief

CONCHO, OK- Cheyenne and Arapaho Tribal headquarters in Concho, Okla. is getting back to business following an invasion and attack on March 31, 2011 by dozens of tribal members and others.

Armed with bolt cutters, hammers and crowbars, the crowd stormed the Cheyenne and Arapaho tribal headquarters smashing doors, furniture, destroying tribal property and assaulting em-

ployees.

Leading the invasion were suspended Lt. Gov., Leslie Harjo and the third Legislative Speaker, Michael Kodaseet.

“I have never seen the destruction that happened here last night,” Kim Beaver, Cheyenne and Arapaho tribes’ security officer said. “The BIA (Bureau of Indian Affairs) just stood by and watched while they stole computers and physically at-

Norman museum holds Native American language fair

By Rebecca Lyman Reporter/Ad Sales



Photo by Rebecca Lyman
Minnie Tall Bear and Braden Kester, students at Thomas Public Schools perform a song in Cheyenne during the annual Oklahoma Native American Language Fair.

Native American youth battle wits and words at the ninth annual Oklahoma Native American Youth Language Fair.

Participants demonstrated their knowledge of language and displayed their artwork on April 4-5, 2011 at the Sam Noble Oklahoma Museum of Natural History (SNOMNH) in Norman, Okla.

Thomas Public School students, Braden Kester, fifth grader and Minnie Tall Bear, fourth grader, performed *The Day Song* in their Cheyenne language.

“This is their first time being a part of the language fair,” Kathleen Tall Bear, Cheyenne and Arapaho tribes’ Department of Education, outreach director said.

The categories the youth participated in were spoken language, music and dance.

The poster art and bookmaking categories were open to students in grades pre-K through 12. A film and video category was open to sixth through 12 and a language advocacy category was open to students in grades nine through 12. A new category, song in Native American language, was offered for students from pre-K through 12.

“Students from 25 different tribes competed,” Dr. Mary Linn, SNOMNH, Native American language, associate curator, said.

The competition was opened to the public at general museum admission. For further information visit www.snomnh.ou.edu/languagefair or call Linn or Christine Armer at (405) 325-7588.

Cheyenne and Arapaho Tribal Tribune
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Look Inside...



Future for Children organization meeting
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Explosion leaves family homeless
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Darlington School honor students
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Woodson Creek drum group
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Birthday Greetings
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Member Oklahoma Press Association

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“2010 Native American Journalist Association Award Winner”

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See **Tribal headquarters**, page 6

Education Executive Director meets with Future for Children organization

On March 24, 2011 Jim West, co-founder of the Future for Children organization, met with Cheyenne and Arapaho tribes' Education Executive Director, Teresa Dorsett and the department of education staff to discuss ideas on professional development curriculum.

Future for Children is a non-profit (501-C3) private organization and has been providing program services for the past 42 years.

There are four primary modules for program services. The Youth Leadership Program, High School/ Mid-School Curriculum Development, Mentorship Program and Families in Action training programs and Adults being pro-active in Education. Each module can be customized per student(s), from experimental learning, hands-on learning and communities based on timed variances.

“I am committed and passionate about creating ideas and improving our education for our youth throughout Cheyenne and Arapaho country,” Dorsett said.

West envisioned this partnership with the Cheyenne and Arapaho tribes' Department of Education, Darlington Independent School and the Northern Arapahoe tribe, located on the Wind River Reservation in Wyoming to be a success. He hopes these endeavors will serve as a model for other en-



Submitted article

Courtesy photo

Pictured l-r: Herbert Manheimer, Navajo, director of program field services, Cheyenne and Arapaho tribes' Executive Director, Teresa Dorsett and Jim West, co-founder of Future of Children organization.

tities seeking partnerships. This is the first time the organization has considered extending an outreach program outside the state of New Mexico.

For more information regarding the Future for Children organization contact Dorsett at (405) 422-7562.

Future home of the Cheyenne and Arapaho wind project



Photo by Rebecka Lyman



The future home of the Cheyenne and Arapaho Wind Project, sponsored by Cheyenne and Arapaho tribes' Gov. Janice Boswell, in partnership with West Wind Energy, is underway.

The two entities have partnered together to install wind turbines that will directly power tribal facilities. The project goal is to offset as much fossil fuel power as possible and replace it with wind generated renewable power for tribal use.

This project will bring both jobs and training to Cheyenne and Arapaho tribal members, which will further stimulate the tribal economy, all the while decreasing tribal costs of fossil fuels.

For more information call Phil Sutter at (580) 977-6642 or Jane Tiger at (405) 422-7466.

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Submitted by Cheyenne and Arapaho Tribal College President, Dr. Henrietta Mann

As Sweet Medicine instructed them, to this day, Tsistsistas remember their great Cheyenne prophet and his teachings. He was an extraordinary child and powerful in things sacred. It is said that long ago he entered Bear Butte “the place where the people are taught,” and brought from there many good and wonderful things. Among the many gifts that Maheo’o, “The Great One” sent through him are the Tsistsistas covenant, traditional leadership of peace chiefs, the warrior societies or clans, and the tribal law ways. Sweet Medicine’s teachings and values have guided the minds and hearts of the people and sustained them on their Road of Life, a road that is very old and which stretches far into an unknown future.

It is said that Sweet Medicine lived with the people for four long lives of a person, and during that time taught them all he had learned in that “teaching mountain” that stands as a sentinel in the north direction. It is a reference point for the Cheyenne and is their spiritual home. From a distance Bear Butte resembles a large reclining bear called No voss so in the Tsistsistas language.

No voss so is a holy female mountain, and is an acknowledged American Indian sacred site. Sacred sites have spiritual significance, and are places where American Indians make pilgrimages to pray,

fast, make offerings, do ceremony, seek spiritual guidance and direction, and sometimes visit to just give thanks. Bear Butte is one such place and a part of the American sacred landscape.

Bear Butte is the birthplace of the Cheyenne covenant and culture and it is therefore the spiritual equivalent of the Mount of Olives, Mount Moriah, and Mount Sinai. After spending four years inside the mountain, Sweet Medicine came forth to establish the Cheyenne way. Extraordinary as a child, he matured to become the greatest of Cheyenne teachers. One day, however, he determined that it was time for him to leave the people to let them travel the road without him. He was saddened, however, by what he saw in their future and told them what they faced in terms of the strangers they would meet in the direction from where the sun rises.

Sweet Medicine also gave the people his prophecies, which have been handed down from generation to generation, family to family. Some of them are:

The people will no longer get up early to greet the rising sun.

People will become lazy and lie in bed all day.

The people will get the diseases carried by the strangers and die suddenly.

Young people will turn prematurely grey.

People will not know their relations and relatives will marry relatives.

Women will have multiple births, like those born in a litter of puppies.

A baby will be born with a full set of teeth, and will eat all the people.

There will be much fighting between the leaders and the people.

The people will tear up the earth and disturb its balance.

The earth will burn and ice will flow from the north [global warming].

Sweet Medicine told Tsistsistas they had to be vigilant and watch the weather from the doors and windows of their homes and take appropriate action to protect themselves.

Furthermore, Cheyennes have experienced or are experiencing some of those predictions and are prophecies come true. Sweet Medicine emphasized, however, that they would endure as a people so long as they remembered him and his teachings. Thus, Tsistsistas revere Sweet Medicine and his teachings, which have been handed down through the ages and are remembered to this day. He has assured the survival of the Cheyenne people and spirit if they continue to follow his good and wonderful ways he brought from No voss so.

CATC



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NEXT RIGHT

Home explosion leaves family homeless

By Rosemary Stephens, Editor-in-Chief



Courtesy photo
The site where the Beardsleys' home sat.

The home of Cheyenne and Arapaho tribal member, Jlyn Beardsley, exploded and burned to the ground early Sunday afternoon, April 10, 2011 in Watonga, Okla. The cause of the explosion is believed to have been caused from a propane leak. A friend, who had just arrived at the home, was injured and is in the Baptist Burn

Unit. The father also sustained physical injuries, however, Jlyn and all six children escaped unharmed. The family lost everything in the explosion. Donations are being accepted at the Watonga Lucky Star Casino in Watonga for the family. If you would like to donate to the Beardsley family, their children are Jaryn, 8 years old, size 8

in little girls, shoe size 1, Jackson, 6 years old, size 7 in little boys, shoes size 2, Javis, 6 years old, size 7 in little boys, shoe size 13, Dalton, 3 years old, size 4T, shoe size 8, Tatum, 2 years old, size 24 months, shoe size 5 and Haliagh, age 1, size 18 months, shoe size 4. Adult clothing is also needed for Jlyn and her husband.

Key deadline approaches for Native American in \$3.4 billion Indian Trust Settlement

Certain Class Members Must Act by April 20, 2011

Washington, D.C. – March 29, 2011 – The Court-ordered process of notifying individual Indians of their legal rights in the historic \$3.4 billion class action settlement, Cobell v. Salazar, is coming to a close. The Settlement resolves claims related to Individual Indian Money (or IIM) accounts and interests in land held in trust or restricted fee by the federal government for the benefit of individual Indians. Class members all over the country have received detailed information about their legal rights and options via U.S. Mail and through an extensive media campaign, which included Native American print media, television and radio ads, and online advertising. Class members who received a formal notice in the mail about the settlement and who are currently receiving IIM account statements do not have to do anything to receive payment. Individuals who believe they should be part of the settlement but did not receive a notice in the mail or are not receiving IIM account statements need to fill out a claim form as soon as possible, available at the Indian Trust Website or by calling the toll-free number. Class members who wish to keep their right to sue the federal government over mismanagement claims covered by

the Settlement must exclude themselves from the Settlement by April 20, 2011. Class Members can also submit written comments or objections about any Settlement terms that concern them by April 20, 2011. The settlement provides a \$1.5 billion fund to compensate an estimated 500,000 affected individual Indian trust beneficiaries who have or had IIM accounts or hold an interest in trust or restricted land. The settlement creates two groups of class members eligible to receive money from the fund—the Historical Accounting Class and the Trust Administration Class. The Historical Accounting Class comprises individual Indians who were alive on Sept. 30, 2009, who had an open IIM account anytime between Oct. 25, 1994 and Sept. 30, 2009, and whose account had at least one cash transaction. The Trust Administration Class comprises individual Indians alive on September 30, 2009, who had an IIM Account at any time from 1985 through September 30, 2009, recorded in currently available electronic data in federal government systems, as well as individual Indians who, as of Sept. 30, 2009, had a recorded or demonstrable interest in land held in trust or restricted

status. The estates of deceased Class Members will also receive a Settlement distribution if the deceased beneficiary's account was open as of September 30, 2009, or their land interest was open in probate as of that date. Other eligibility conditions and requirements for each Class are detailed in the Settlement Agreement. Under the settlement agreement, \$1.9 billion will fund a Department of the Interior program to buy fractionated interests in trust or restricted land from willing sellers to benefit tribal communities and aid in land consolidation. Depending on the level of participation in the land consolidation program, up to \$60 million will be set aside to provide scholarships for higher education for American Indian and Alaska Native youth. The website, www.IndianTrust.com and toll-free number (800) 961-6109 are available to provide more information about the settlement and the legal rights of Class members. Individuals who are unsure whether they are included in the settlement should visit the Website or call the toll-free number for more information.

Nominations due for Oklahoma Indian all-state basketball

By Indian All-State Release

FAIRFAX, Okla.- Attention Oklahoma high school basketball coaches, the 16th annual Oklahoma Indian All-State championship games are fast approaching. Nomination forms for the annual Oklahoma Indian All-State Basketball Games are in the mail. Nominations for senior boys and senior girls of outstanding merit are to be completed by the player's coach and must be received by April 30, 2011 or faxed to the All-State offices at (918) 642-3163. Eligible athletes are graduating senior basketball girls and boys who are members of American Indian tribes and possess a certified degree of Indian Blood from a federally recognized tribe. The athletes are rated for their athletic, academic and extracurricular accomplishments. A panel selects 48 play-

ers for the first team Oklahoma Indian All-State and 20 for the second team. Twelve boys and 12 girls will represent the north and 12 will represent the south All-State Teams. Interstate 40 is the dividing line for the north and south teams. Only first team selections are invited to play in the All-State games. In the event that a first team selection cannot play, their slot will be offered to a player on the second team. All first and second team selections will be announced in May. Players, teachers, family members and tribes who know of a deserving senior player should remind their coaches to be checking their mail this week. These games are some of the most exciting in the state and are often the



springboard to a college playing career. College recruiters are frequently in attendance at the games. "There have been players recruited at each and every All-State game who were overlooked during the regular season," said Dr. Joe Conner, co-director of the games. This year's games are scheduled for June 18, 2011 at the Oklahoma Wesleyan University in Bartlesville.

Seeking all former Haskell Indian High School, Industrial School, Junior College and Indian Nations University cross country, track and field athletes

Albuquerque, NM – The Sports Warrior Track Club is hosting the fourth annual Jim Thorpe Native American National Championships 5,000 meter run. The race will be held on the campus of Southwestern Indian Polytechnic Institute, Albuquerque, N.M. on June 18, 2011. In conjunction with the event, former Haskell Indian Junior College (now Haskell Indian Nations University) coach Gerald Tuckwin, Prairie Band of Potawatomi tribal member and his wife, Terri, will be honored. What is being called a Haskell cross-country and track

and field reunion, we are especially inviting any former athlete who competed under the direction of coach Tuckwin, however, any former Haskell athlete, alumni or individuals, who would like to help us honor Jerry and Terri Tuckwin are encouraged to attend. For more information about the honoring of Gerald and Terry Tuckwin or in regard to the championship event, please contact Sports Warriors Track Club, SportsWarriorsTC@aol.com (505) 890-3430 or (505) 710-3323.

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Head Start program receives \$1.6 million in grants

The Cheyenne and Arapaho tribes’ Canton Head Start program will receive a new make over.

Two grants in the amounts of \$800,000 were recently awarded to the tribes’ Head Start program, specifically for the Canton location.

The first grant was from HHS/ACF and the second grant awarded March 24, 2011 was from the Housing Urban Development (HUD) Indian Community Block Grant (ICBG).

“The ICBG is one of the most competitive grants out there. In our region we compete with 40 tribes for this grant and we received one of the highest scores of 91. The average score from HUD is usually around 80,” Melvin Roman Nose, Community Development Block Grant (CDBG), coordinator said.

The National objective for the ICBG grant is to develop jobs, improve communities and provide services to lower to moderate-income families.

“We have 120 days from the date of receiving the grant, which was March 24 to complete the environ-

mental review report mandated by the National Environmental Protection Act of 1969,” Roman Nose said. “The process is broken down into three phases with the environmental review being included in the first phase.”

Roman Nose said phase one also includes budgeting, taking bids for architects and developing a plan that meets the needs of the head start facility. He said phase two would be the design phase and phase three the construction phase.

“We have two years to complete the project, but we are going to try and push it forward and be done in one year,” Roman Nose said. “This was a joint effort with James Pedro, Ramona Tall Bear, Kim Good Bear, the Corp. of Engineers and myself and all the hard work paid off by being awarded this grant.”

The new Canton head start facility will be located in the vicinity of the northwest corner near the tribes’ casino in Canton, Okla.

Clinton Service Unit announces new facility unit director for El Reno clinic

The Clinton Service Unit of the Indian Health Services is pleased to announce that Capt. Travis Watts, a member of the Choctaw Nation, has been selected as the facility unit director for the El Reno Indian Health Center. Capt. Watts assumed his new position on Wednesday, March 16, 2011.

During his 17-year career he has participated in a variety of management and clinical roles and projects including diabetes programs, formulary management, institutional review board, awards programs, improving patient care initiatives, accreditation processes, initial implementation of the electronic health record and has worked as an associate professor for

both Southwestern Oklahoma State University (SWOSU) and the University of Oklahoma (OU)) Colleges of Pharmacy.

Capt. Watts graduated with his B.S. in Pharmacy from SWOSU in 1990 and his Doctorate in Clinical Pharmacy from the OU in 1996. He has completed an American Society of Health Systems Residency Program in Primary Care from the Department of Veterans Affairs Medical Center in Oklahoma City.

Capt. Watts began his career with the Indian Health Service as a JR-COSTEP at the Clinton Indian Health Care Facility in 1989 and has completed assignments in the Phoenix, Ariz. and Oklahoma areas. During

this time he was the Clinical Pharmacy Director and Deputy Chief of Inpatient Pharmacy at the Claremore Indian Hospital, the Chief of Pharmacy Services at the WW Hastings Indian Hospital, the Oklahoma City Area Principle Pharmacy Consultant and recently the Southeast Region Commissioned Corps Liaison. He was a certified diabetes educator for ten years and is a board certified pharmacotherapy specialist.

Capt. Watts is married to Sheila and they have two children, Blake and Kate, ages 14 and 10.

Please join us in welcoming Capt. Watts back to the service unit and into his new position.

Are you being poisoned by Aspartame

Are you currently experiencing rashes, nausea, numbness, insomnia, depression, dizziness, frequent headaches, mood change, memory loss, can’t think straight, chronic fatigue, abdominal pain or bloating, breathing difficulties, panic attacks, slurred speech and/or blood sugar control problems? I know that this is a long list, but if you are suffering from any one or combination of these symptoms with regularity, you may be experiencing aspartame toxic poisoning.

Aspartame is an artificial sweetener better known by its popular product names Nutra-Sweet, Equal, Spoonful and Equal Measure. Some of the foods that carry aspartame include diet drinks, sugar free candy and chewing gum, instant breakfasts, cereals, cocoa mixes, coffee beverages, gelatin desserts, frozen desserts, multivitamins, pharmaceuticals, topping mixes, wine coolers, and yogurt.

Researchers and doctors studying the effects of aspartame found that the following chronic illnesses can be triggered or aggravated by consuming aspartame Alzheimer’s, birth defects, brain tumors, chronic fatigue, type-2 diabetes, epilepsy, fibromyalgia, lymphoma, mental retardation, multiple sclerosis, and Parkinson’s disease. In a report made as early as 1994, the Department of Health and Human Services identified 92 different symptoms related to aspartame exposure, including seizures, coma, and death.

How does it poison our bodies? Aspartame is made up of three chemicals: aspartic acid, 40 percent, phenylalanine 50 percent and methanol ten percent. Both aspartic acid and phenylalanine are amino acids that are toxic to the brain without the full chain amino acids typically found in protein. When consumed as it is in aspartame, the surplus amino acids are able to get past the blood brain barrier (which protects the brain from toxins) killing some of

the brain’s neurons by over stimulating the neural cells to death. This can lead to many different types of neurological diseases and problems such as Parkinson’s, memory loss, mood changes, depression, and multiple sclerosis.

Methanol is wood alcohol and also a deadly poison. In the body it is broken down into formic acid and formaldehyde, both of which are toxic to the body. Methanol poisoning can lead to serious retinal damage such as blurred or foggy vision and blindness.

According to research conducted by H.J. Roberts (a diabetes specialist, member of the ADA, and an authority on artificial sweeteners) aspartame:

- 1) Leads to the precipitation of clinical diabetes.
- 2) Causes poorer diabetic control in diabetics on insulin or oral drugs.
- 3) Leads to the aggravation of diabetic complications such as retinopathy, cataracts, neuropathy and gastro paresis.
- 4) Causes convulsions.

In contrast to the toxic nature of aspartame and the aforementioned ailments it can cause, the relation between aspartame and diabetes extends to all artificial sweeteners. In the past we were all taught that our taste receptors were located solely on the surface of our tongues in the form of taste buds updated research now shows that taste receptors are located in other locations throughout our body like in our stomachs. When we eat spoiled or poorly prepared food, the taste receptors can detect this and begin an evacuation response, also known as food poisoning.

When we eat sweet foods the taste receptors in our stomachs detect this and release insulin into our systems to stimulate the uptake of glucose in the sugar. When we consume artificial sweeteners, our stomach still senses the sweetness of the food or drink and triggers a release of insulin



to break down the glucose that isn’t there. Without that glucose present insulin begins to build up in the body over time, which can contribute to the on-set of type-2 diabetes, an adult occurrence of the disease characterized by the body’s inability to process its own insulin.

There is a lot of controversy over the subject of aspartame. Proponents of aspartame say that studies coming out disclosing the effects of aspartame on your health are an urban myth created on the Internet. But why play Russian roulette with your health? Why be plagued with symptoms that can cause pain and illness? The state of your well-being is directly related to your happiness and peace of mind, especially for elders in their twilight years.

If you have been experiencing any of the symptoms mentioned above you can start to take responsibility for your health by eliminating aspartame from your diet. Learn to read labels carefully (i.e. no sugar added can mean it has artificial sweeteners). If you are diabetic, talk to your doctor and ask for healthy alternatives, drink lots of water, exercise, and get plenty of rest. Remember to be conscious and aware of the food you eat. Be your own advocate for your health and wellbeing.

E A T I N G
well
for

DIABETES

By Lyndsay Seawright, MA, RD/LD
C&A Diabetes Wellness Program

Good Nutrition for Oral Health

We all know that it is important to eat a balanced and healthful diet to maintain a healthy weight, get enough nutrients and decrease our chances of being diagnosed with a number of diseases. However, what some people do not realize is that good nutrition is also an important part of oral hygiene. Tooth pain or loss of teeth may make eating difficult and lead to malnutrition, therefore taking proper care of one’s teeth is crucial.

Carbohydrates are a substrate found in many foods that we consume on a regular basis. Fruits, vegetables, breads, pastas and sweets are all sources of carbohydrates. Once saliva in the mouth begins to digest these types of foods, sugar is the result. A lot of this sugar is used in the body for energy, but some can linger between teeth and promote bacterial growth in the mouth. Simple carbohydrates are sugary treats like candy, cakes and cookies. Simple carbohydrates are often responsible for cavities and should only be consumed once in a while. Complex carbohydrates are foods such as wheat bread, brown rice and fruit. It is true that these carbohydrates may also aide in cavity formation, however, it is less likely than with simple carbs and these foods may be consumed more often as part of a healthful diet.

Consuming plenty of colorful fruits and vegetables will help to ensure that you get enough of the vitamins and minerals that help keep teeth and gums strong.

Milk and other low fat dairy products are just as essential for good oral health.

Drinking plenty of water can facilitate washing away bacteria from the mouth and keeping it at it’s healthiest. In most places, tap water contains fluoride which is necessary for strong teeth. However, in today’s society, we have become accustomed to bottled water that does not have fluoride in it. The good news is that there are plenty of toothpastes and mouthwashes that DO contain fluoride if you are not getting enough from your drinking water.

As far as other beverages are concerned, sugar free is the way to go in order to promote strong oral health. Regular sodas and fruity drinks contain large amounts of sugar and may cause cavities.

Of course, it is vital to brush and floss two times per day, and after meals. This habit will keep nasty bacteria from forming in the mouth, keep your breath fresh and your smile white. When brushing is not an option, sugar free gum can be an appropriate course of action until you can get to a toothbrush. Visiting your dentist on a regular basis is also fundamental for overall health. Your dentist will look for problem areas in your mouth and better assist you in caring for your teeth.

For any questions or concerns regarding nutrition, weight management or diabetes please contact the Cheyenne and Arapaho Diabetes Wellness Program at (405) 422-7688.

Cheyenne-Arapaho Housing
Authority Community
Meeting Schedule
5:30 p.m. - 7 p.m.

Tuesday, April 19, 2011
Seiling-Seiling Community Center 411 N. Main

Wednesday, April 20, 2011
Clinton-C~A Housing Authority 2100 DogPatch Rd.

Thursday, April 21, 2011
Canton-Canton Community Building N. Garfield

Tuesday, May 3, 2011
Elk City~Hammon-Clarion Inn (former Holiday Inn)
101 Meadow Ridge

Thursday, May 5, 2011
Weatherford~Thomas Pioneer Building 1000 Gartrell

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Department of education graduation banquet update

The annual Cheyenne and Arapaho graduation banquet has been confirmed for May 4, 2011 and will be held at the Frisco Center in Clinton, Okla. starting at 6 p.m.

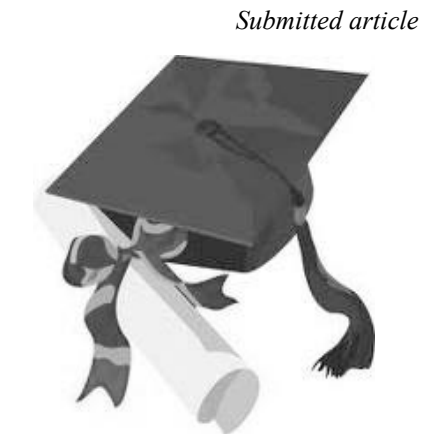
Keynote speaker will be J.C. High Eagle. Chance Rush will be the M.C. and Fred Mosqueda will have the drum group. Attendees may begin signing in at 5 p.m.

If you have received the high school graduation assistance from our program, then you are on the graduation banquet list and will be receiving an invitation to the banquet soon. College/university graduates, if you have not sent a letter of verification from your school that you are eligible to attain a degree

in May 2011 or at end of summer 2011, then your name will not be on the graduation list. If you have not sent your information yet, please do so by April 29, 2011 as the final list for agendas may be completed that day. Graduates who fail to notify us by that date may not have their names on the graduation list and agenda.

Invitations will be mailed on April 18, 2011. Graduates are limited to two guests because of seating availability. There is no requirement for dress wear. An individual photo and group photo will be taken.

We want to recognize outstanding students. If you know of a valedictorian or salutatorian, and other outstanding



awards received, please inform our office. We would like to have names of Gates Millinneum Scholars selections. If a student graduates after July 31, 2011, they will be listed on next year's graduation list.

2011-2012 Scholarships-American Indian Graduate Center (AIGC)-BIE

Be an enrolled member of a U.S. Federally recognized American Indian tribe or Alaska Native group or possess one-quarter degree Federally recognized Indian blood. Have a 3.0 GPA and be pursuing a masters, doctorate, or professional (i.e., law, medical and dentistry) degree as a full time student at an accredited graduate or professional school in the United States.

To download applications visit www.aigcs.org.

AIGC Fellowship

Deadline June 1, 2011 at 5 p.m. (M.S.T.)

Pursuing a master, doctoral or professional degree as a full-time student at an accredited graduate school in the United States and able to demonstrate financial need and be an enrolled member of a U.S. Federally recognized American Indian tribe or Alaska Native group or possess one-quarter degree U.S. federally recognized Indian blood.

All Native American High School Academic Team

Deadline, May 4, 2011 at 5 p.m. (M.S.T.)

Be an enrolled member of a United States federally recognized American Indian or Alaska Native group. Have attained an outstanding academic record. Have attained a cumulative

high school GPA of 3.3 on an unweighted 4.0 scale. Have demonstrated leadership and community service activities. Be enrolling at an accredited college or university as a full time degree seeking undergraduate student in the 2011 Fall term and be a high school senior at time of application.

Association on American Indian Affairs

Applications accepted between April 4 – June 13, 2011 ONLY

For applications and list of requirements for each scholarship visit www.indian-affairs.org

Graduate Scholarships:

Allogan Slagle Memorial Scholarship \$1,500, Elizabeth and Sherman Asche Memorial Scholarship \$1,500

Undergraduate Scholarships:

Adophy Van Pelt Scholarship \$1,500, Displaced Home-maker Scholarship \$1,500, Emilie Hesemeyer Memorial Scholarship \$1,500.

For more information about higher education opportunities or scholarships contact Wanda Whiteman at (405) 422-7560.

Outreach program for minority community college students

The AICPA, the University of Denver, and the Colorado Society of CPAs are offering an outreach program for minority community college students who are between their first and second years. They are inviting selected students to an all-expense paid trip to Denver, Colo. to live on campus from July 31-Aug 4, 2011 and learn about the accounting profession.

They are particularly interested in attracting high-achieving African-American, Hispanic and Native American students who will have just completed their first year of un-

dergraduate study, primarily those who have an interest in accounting and second-year accounting majors.

The students will engage in activities to learn about accounting, professional development, financial literacy, and accounting education at four-year schools. They will visit an accounting firm and a company, in addition to participating in several other enriching and fun activities.

The application and more information can be found at the following website, Student Opportunities www.tactyc.org.

The application deadline is May 18, 2011

Honorary doctorate, lifetime of advocacy and contributions to Native arts and culture



Courtesy photo
Suzan Shown Harjo

(SANTAFE, NM) On May 13, 2011 at 11 a.m. the Institute of American Indian Arts (IAIA) will hold its 2011 Commencement Ceremony. Among the 37 graduates receiving their diplomas this year, one distinguished guest will receive an honorary doctorate for a lifetime of advocacy and contributions to Native arts and culture.

Suzan Shown Harjo, Cheyenne and Hodulgee Muscogee, the 2011 IAIA Honorary Doctorate Recipient, has built a prolific and panoramic career over various professional, creative and political platforms. She is a prominent leader in the arts, culture and policy. As a poet, writer, curator and advocate, she has helped Native Peoples protect many sacred places

and recover more than one million acres of land.

"I am honored and humbled and deeply grateful," Ms. Harjo says about the Honorary Doctorate, "Art-work and people from IAIA have been an important point of inspiration and source of hope since I first visited and made friends there in the 1960s, including with T. C. Cannon, Allen Houser, Fritz Scholder and Richard Ray Whitman."

Among her many accomplishments and honors include being the first Vine Deloria, Jr. Distinguished Indigenous Scholar (University of Arizona, 2008); the first Native woman to receive the Montgomery Fellowship (Dartmouth College, 1992) and the first person to be awarded back-to-back fellowships as a 2004 School of Advanced Research Scholar and Poetry Fellow.

"My children, grandchildren, extended family and all the coming generations are my primary motivators. I do what I do out of a duty of care for them and with respect to our ancestors," she says of her passion behind her tireless efforts.

Harjo is, above all, a storyteller. Whether the story is realized through verse or through laws protecting Native peoples and lands or curating art exhibits in which a new definition of Native culture dispels erroneous per-

ceptions, her work is undeniably important...her contributions, substantial.

"My work in each area requires traditional, cultural and personal knowledge; understanding of the literature, history, canon or body of work; and research, analysis, strategy and inspiration. Arts, scholarship and policy exist in the same universe, although often on different planets. Artists in all these spheres make choices from myriad options before settling on just the right word, color, note or movement."

Patsy Phillips, Director of the Museum of Contemporary Native Arts, nominated Harjo for the doctorate. In her nomination letter shes states,

"She has done more for Indian Country than anyone else I know no one is more deserving of this recognition."

Harjo is a founding Trustee of the National Museum of the American Indian (NMAI). She began work in 1967 that led to the NMAI and to repatriation laws and museum reform. Additionally, she directed the NMAI Native Language Project and hosted the NMAI Native Writers Series for its first three seasons. Guest Curator of an upcoming NMAI exhibit, *Treaties Great Nations In Their Own Words*. She curated the 2007 *American Icons Through Indigenous Eyes* for

Mother's Day

Bingo & Lunch

May 8, 2011-12 p.m.

Concho Community Center & Clinton R.E.Sp.E.C.T. Gym

For more information call (800) 247-4612 ext. 27570 or 32601

CALLING ALL 2011 HIGH SCHOOL AND COLLEGE GRADUATES

Submit your photo along with the name of your school and degree (if applicable) for the annual Graduation Insert. Courtesy of the Cheyenne and Arapaho Tribal Tribune.

DEADLINE FOR ALL PHOTOS MAY 20, 2011

To send photos

1. Email rmstephens@c-a-tribes.org

2. Mail photo to C-A Tribal Tribune, P.O. Box 38, Concho, Okla., 73022 (Be sure to include S.A.S.E. to return photo)

3. Drop off at Tribal Tribune office, Building 1, Concho Tribal Complex

CALL (405) 422-7446 OR 7608 for questions.

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Cheyenne & Arapaho Tribes of Oklahoma Head Start Program

The Cheyenne and Arapaho Head Start Program Concho Center is now accepting applications for the 2011-2012 school year. The Head Start Program is a comprehensive Child Development Program that is designed to promote high quality services and provide a range of individualized services in the area of Education, Early Childhood, Medical, Dental, Mental Health, Nutrition and Parent Involvement. Head Start Services are responsive and appropriate to each child and family's development, Ethnic, Cultural and Linguistic experience.

Eligibility Requirements: 3 years old to 5 years old – must be 3 years old by September 1, and turn 5 years old after September 1.

For Application to be processed, the following must be attached:

a) Copy of Child's Birth Certificate

b) Copy of Child's Immunization Record

c) Copy of Child's Social Security Card

d) Copy of Child's Health Insurance card

e) Income Verification

f) If the Child has Special Needs. Documentation Attached.

g) CDIB (If Applicable)

Head Start provides transportation to and from the Head Start Center in a 25 mile radius in service area. Includes Concho, El Reno, Kingfisher, Okarche, Geary and Calumet. Certified Staff, Age Appropriate Curriculum, Certified CDL Bus Drivers, Nutritious Meals-Breakfast and Lunch, Cultural Activities and Field Trips. The Cheyenne and Arapaho Head Start Program follows Federal Guidelines and local Department of Human Services requirements. The Head Start Program does not discriminate against: Race, Color, Sex, National Origin or Disabilities. For enrollment packet or more information call Leanna Balbuena, Center Supervisor or Rachel Morales, Family Services Coordinator at (405) 422-7647 or (405) 422-7645.

Tribal headquarters

continued from page 1

tacked employees as they were defending their offices.”

Cheyenne and Arapaho tribes’ Gov. Janice Boswell was returning from the funeral of 8 year old Rosalin Reynolds, a slain tribal member, at the time of the attack. Boswell had granted leave to all tribal employees who wished to attend the funeral in Watonga. Most of the tribal employees had left to attend Reynolds’s funeral when the attacks occurred.

“My heart breaks for our people and especially the Reynolds family,” said Gov. Boswell. “I had hoped that the suspended Lt. Governor and the third Legislature would refrain from the infighting, for at least one day, to honor the life of Rosa Reynolds. Instead, they were gathering their tools and manpower to implement their plan of attack and takeover. It all goes back to a concerted effort to try and take a shortcut to the Governorship ... no matter the cost.”

Honorary doctorate

continued from page 5

the District of Columbia Arts Center; the Peabody Essex Museum’s 1996-1997 major exhibition, *Gifts of the Spirit* and the 1992 *Visions from Native America*, the first Native art exhibit ever shown in the U.S. Senate and House Rotundas.

“I try to carry out or set in motion things that will continue or generate good in the world. Many of the things I work on take a very long time, depend on others’ schedules and would suffer from too much attention, so I work on issues and projects as if they are corn, wild onions, strawberries or sunflowers, and check back every so often to make sure they’re ripening or blooming or ready for pruning, watering, harvesting or celebrating, and that no pests have done them harm.”

She has led successful national campaigns for laws in four decades to promote and protect Native nations, sovereignty, children, arts, cultures, languages and repatriation. She also has been in the forefront of efforts to eliminate so-

Computers from the executive branch and the financial branch were stolen as well as boxes of files before being stopped. Offices of the tribes’ financial offices, executive office and IT department were broken into and vandalized. Gov. Boswell witnessed Patrick Foley, owner and CEO of Rimrock Technologies and Rocky Brown, Foley’s network engineer, in the IT office plugging their equipment into the tribes’ switches in an attempt to crack the tribes’ network.

“Network security is a very important part of all businesses today,” Trey Oglesby, Cheyenne and Arapaho tribes, IT director said. “It is unbelievable that Patrick Foley would go to such measures for petty monetary greed. We have secured our offices at this point but there is considerable damage that has been done. They kicked in our office doors, smashed furniture and then broke into our secured network room.”

Oglesby said when Foley was confronted by Boswell asking him to leave because he wasn’t welcome on tribal property he replied saying, “I’ll be back you can guarantee that.”

In a letter dated April 8, 2011 Kodasheet claimed the situation on March 31 “was not a takeover but an attempt for a smooth governmental transition by the lawfully seated Gov. Leslie Harjo.”

He wrote because tribal employees had been given time off to attend Reynolds’s funeral, it was the safest time to gain access to the unlawfully withheld documents and information.

The third legislative branch continues to recognize Harjo as Governor, however the Bureau of Indian Affairs (BIA) continues to recognize Boswell as Governor of the Cheyenne and Arapaho tribes.

Damages totaled in the thousands of dollars to tribal property.

called Native references in American sports. A member of the Native American Policy Committee of the Barack Obama campaign and an Advisor to the Transition (2008-2009), she was a Carter Administration special assistant for Indian Legislation and Liaison and a past Executive Director of the National Congress of American Indians.

Currently, Harjo is the President of The Morning Star Institute, a national Native rights organization founded in 1984 and based in Washington, DC. She remains steadfast in her art practices.

“Poetry, poetry, always poetry. Curating art and history exhibits, including on treaties between Native nations and the United States. Writing family histories for my grandsons, reclaiming some of my relatives from the lost and distorted pages of history, and trying to understand exactly what happened to us and how, so that we always know the signs. Documenting our own time.”

“The successes in our Native nations would include each person who speaks, is learning or is helping others to learn a heritage language; each person who respects and carries on our ways; each person who is moving through life strongly and gently; each person who is making a better world, or even a good day, for someone else; and each person who is helping someone who needs encouragement.”

Cheyenne and Arapaho tribes’ Foster Care Home Safety Questionnaire

Take this simple questionnaire to see if your home is safe:

Please check, yes or no to the following questions;

1. Do you have an escape route planned for your family in case of a fire, and does your family know the plan? Yes___ No___
2. Do you have at least one smoke detector on each floor or near the bedrooms? Yes___No___
3. Do you test the smoke detectors at least once a month to make sure the battery is working? Yes___ No___
4. Do you have a carbon monoxide detector in your home if you have gas heat or a gas water heater? Yes___ No___
5. Do you have your heating system or furnace checked at least once per year by a competent service company? Yes___No___
6. Do you keep combustible items away from the heating units? Yes___No___
7. Do you teach all fam-

ily members including the children to never play with matches or lighters and are they put up out of reach of young children?

Yes___No___

8. In the event of fire, tornado or any emergency situation does the family know what to do or, where to go for their safety? Yes___No___

If you answered “No” more than two times, your home needs to develop a safety plan against fires or emergency situations.

Make sure if an emergency situation arises that each family member knows the planned escape route. Everyone should have a standard meeting place outside the home.

Your local fire department has free stickers which indicate where each bedroom is located so the firefighters can locate the children in the event of an emergency. For more information on home safety issues or fire prevention contact your local fire department.

One woman’s brave battle with breast cancer

By Kara Briggs

I shoved my 1988 Chevy Blazer into fifth gear and lodged my right heel in a hole in the carpet. Call it a poor man’s cruise control. I gunned it east on Interstate 84 from Portland to the Umatilla Indian Reservation, where my friend Cece White-wolf had called a meeting of cancer survivors.

Cece survived breast cancer six years ago and founded the nonprofit Native People’s Circle of Hope to help other Native cancer survivors. The way she sees it, there are no cancer patients, only people surviving another day.

Breast cancer, diagnosed in early January, is an unexpected detour in my life. I am nearing the halfway point in my chemo. My husband and my aunt, who beat breast cancer 25 years ago, are helping me through a disease that will strike 1 in 7 American women.

But at least during this three-hour drive into the desert, I’ve decided to put



Kara Briggs

cancer out of my mind. I’ve longed for this open highway along the Columbia River. My traveling companions are Cece, who is Umatilla, and a Warm Springs friend who is battling colon cancer.

Cece’s husband scolded her for taking us so far away from our doctors and hospitals. But she knew that the medicine we needed was only to be found on a sunny day in March, on a highway that runs along this massive river.

We are in good company.

Preserve our Future



Become a foster or adoptive parent.

CHEYENNE & ARAPAHOCRISIS DEPARTMENT

➡

BUSINESS HOURS
MONDAY 8-3 p.m.
TUESDAY 8-3 p.m.
WEDNESDAY 8-12 noon
THURSDAY 8-3 p.m.
FIRDAY 8-3 p.m.

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**EXTREME MEDICAL EMERGENCIES**  
AFTER 3 P.M.

**For questions or problems please do not hesitate to call between 8 a.m. - 4 p.m.**  
**(405) 262-7580**



## Powwows & Events CALENDAR

**Indian Art Market**  
8 a.m. - 6 p.m., Friday, April 15, 2011 at the Concho Community Center in Concho, Okla. For more information contact Lynnette Gray at (405) 422-7622.

**Oklahoma Indian Nation Benefit Dance**  
April 16, 2011 at Darlington School in Concho, Okla. For more information contact Christine Morton at (405) 422-3477 or (405) 476-1134.

**SouthEastern Native American Council powwow**  
April 16, 2011 at the Bloomer Sullivan Gymnasium at S.E. State University in Durant, Okla. Gourd dance at 2 p.m. Grand Entry at 7 p.m. For more information call Joshua Riley at (918) 782-7766.

**Excellence in Higher Education Celebration**  
Saturday, April 16, 2011 at the Southwest Oklahoma State University Wellness Center in Weatherford, Okla. Gourd dance and specials begin at 1 p.m. Supper at 5:30 p.m. Arts and crafts vendors are welcome. Limited space. For booth reservations call (580) 774-3742.

**The 97th annual Spring Contest powwow**  
Doors open at 1 p.m., Saturday, April 16, 2011 at the Lloyd Noble Center in Norman, Okla. Presented by the American Indian Student Association at the University of Oklahoma. For powwow information contact Corey Still at (918) 822-4421. For vendor information contact Lindy Waters at (405) 325-1468.

**Art Under the Oaks Market and Festival**  
April 16-17, 2011 at the Five Civilized Tribes Museum, 1101 Honor Heights Dr., Muskogee, Okla. For more information call (918) 683-1701.

**Cheyenne and Arapaho tribes’ Gov. Janice Boswell Honor Dance**  
April 17, 2011 at the Lucky Star Casino Event Center in Concho, Okla. Gourd dance at 3 p.m. Supper at 5 p.m. Grand Entry at 7 p.m. Adult contest include Women’s Fancy Shawl/Jingle, Women’s Cloth/Buckskin, Men’s Straight/Traditional, Men’s Grass/Fancy and Drum contest. Prizes are first place \$300, second place \$200, third place \$100. Drum contest prize \$1,000. Vendors welcomed, fee required. For more information call (405) 422-7415.

**Seminole Nation Color Guard annual powwow**  
April 17, 2011 at the St. Gregory’s University in Shawnee, Okla. For more information call Jimmy Johnson at (918) 650-2263.

**Cheyenne and Arapaho Tribes’ second annual Earth Day**  
April 22, 2011 in Hammon, Okla. April 29, 2011 in Seiling, Okla. For more information contact Ladonna TallBear at (405) 422-7654.

**Benefit Dance for Shelby Lynn White Thunder-Sr. Miss Oklahoma Indian Nations Princess candidate**  
April 22, 2011 at the Community Center in Concho, Okla. Supper served at 5 p.m. Dance to follow. For more information call (405) 329-4051.

**Cheyenne and Arapaho J.O.M. Senior Class 2011 Honor powwow**  
April 22, 2011 at the Watonga Multi-Purpose bldg. in Watonga, Okla. Supper at 5 p.m. Grand entry at 7 p.m. Proceeds to benefit senior incentive awrds.

**Bellatour/C3 Fights**  
Saturday, April 23, 2011 at the Lucky Star Event Center in Concho, Okla. General admission \$30, VIP \$60. For more information or to order tickets visit [www.ticketstorm.com](http://www.ticketstorm.com) or call (866) 966-1777.

**R.E.Sp.E.C.T. Program annual Easter Egg Hunt**  
Starting at 12 noon, April 23, 2011 at the Concho ball fields and Clinton R.E.Sp.E.C.T. activity center. For more information cal the R.E.Sp.E.C.T. program at (800) 247-4612 ext. 27570 or 32601.

**Cheyenne and Arapaho tribes’ Comprehensive Economic Development Strategy Plan Van**  
April 27, 2011 from 11 a.m.-3 p.m. at the Watonga Lucky Star Casino in Watonga, Okla. and April 28, 2011 from 9:30 a.m.-3:30 p.m. at the Clinton Lucky Star Casino in Clinton, Okla. The plan van is to allow the public to review the economic development strategy plan. All attendees will receive a free tote bag.

**Gathering of Nations powwow**  
April 28-30, 2011 at the University of New Mexico Arena, The Pit, 3301 Coors Blvd., N.W. Albuquerque, N.M. For more information call Derek or Melonie Mathews at (505) 836-2810 or visit [gatheringofnations.com](http://gatheringofnations.com).

**Solider’s Honor Dance for Orion Mills**  
April 30, 2011 at the Concho Community Center in Concho, Okla. Dance at 2 p.m. Dinner at 5 p.m. For more information call (405) 203-7501.

**Cheyenne and Arapaho Tribes Graduation Ceremony**  
Wednesday, May 4, 2011 at the Frisco Center in Clinton, Okla. All college and high school graduates are encouraged to attend. For more information contact Wanda Whiteman at (405) 422-7560.

continued on pg. 8



# Cheyenne and Arapaho Tribes summer youth work program 2011

*It's that time again!*

The Tribes' Workforce Investment Act (WIA) staff is preparing for this summer's employment and training program. Summer Youth 2011 is scheduled to begin June 6, 2010 and will end July 29, 2011.

Native American youth, ages 14-21, residing within the Cheyenne and Arapaho Tribes' eight county service areas are eligible to apply.

Counties include, Beckman, Blaine, Canadian, Custer, Dewey, Kingfisher, Roger Mills and Washita.

If selected for participation this summer, the youth will earn a minimum wage of \$7.25 per hour.

Youth participants will work eight weeks Monday through Friday, 8 a.m. to 5 p.m. Participants will be paid every Thursday, with the first pay period begin-

ning June 16, 2011.

Basic requirements include, youth must be enrolled with a federally recognized tribe and must provide a tribal identification card or a CDIB(Certificate of Degree of Indian Blood), youth must be a resident of the service area for thirty days prior to date of application and youth must be income eligible.

Applications are now available at the WIA office located at the Tribal complex in Concho, Okla. Office hours are 8 a.m.-5 p.m. Monday through Friday.

For further information or an application call (405) 422-7662 or (800) 247-4612, ext. 27662.

Hurry! The deadline to submit an application for this summer's program is May 6, 2011.

# Thunder Road Theater Company to hold traditional dinner, arts and crafts sale

Tulsa, Okla.-To raise monies for its upcoming season, Thunder Road Theater Company is holding a traditional Native American dinner, arts and crafts sale.

The event will take place Saturday, May 7, 2011 at the Tulsa Creek Indian Community Center (TCIC), 8611 S. Union Ave. (Take the 81<sup>st</sup> St. exit off of Hwy. 75 and turn south on Union.) TCIC is located on the east side of the road.

The dinner is being cooked by the Tiger family from Pecan Grove, Okla. The \$6 price per plate in-

cludes a choice of chicken, salt meat, pork chops, with beans, rice, corn soup, biscuit or frybread, tea or coffee, pie or cake. Soda, sofke and blue bread will be sold separately. Takeout orders will be available.

Thunder Road Theater is the longest-running Native theater company with multiple members who are not related by blood. Thunder Road is a community-based theater company drawing upon theater workers from Tulsa and northeastern Oklahoma and a predominantly Indian board of di-

rectors. TRT's mission is to present quality works by contemporary Native playwrights and to train Native Americans in acting, directing, playwriting and technical theater. We are an inclusive group that welcomes anyone interested in Native cultures. We believe that live theater can help effect social change and serve as a bridge of understanding between the Indian and non-Indian communities.

For more information on Thunder Road Theatre Company visit [www.tacta.net](http://www.tacta.net).



The American Legion and Ladies Auxiliary Post 401 are having a meeting at 6 p.m. on April 26, 2011 at the housing administrative building in the conference room, first floor west end of the building at Clinton, Okla. Supper will be served.

One of the topics will be to plan a program for the annual memorial monument day, which will be at the memorial monument at Concho, Okla. on May 26, 2011.

The program will begin with a breakfast from 7:30 a.m. to 9 a.m. for all veterans and family members at the Lucky Star Casino in Concho, Okla.

The programming will resume at the memorial monument by the Concho complex at 9:30 a.m. The morning program will be printed soon. There will be an evening program at the community building.

Sponsored by the American Legion and Ladies Auxiliary Post 401. All details will be put in the paper soon.

We encourage all men and women veterans to meet with us. We need you.

Ahho Sgt, at arms WWII veteran and member of post 401 Doty Lumpmouth Jr.

CHEYENNE

ARAPAHO

### Tribal Earth Day

**Hammon, Okla.-April 22, 2011**  
**Seiling, Okla.-April 29, 2011**

*For information call (405) 422-7654*

#### TRASH DAY - CLEAN UP DATES FOR SURROUNDING COMMUNITIES

City of Seiling Town Wide Clean Up  
April 16-24, 2011. For more information call (580) 922-4460.

Elk City Town Wide Clean Up  
April 25-30, 2011. For more information call (580) 225-3230.

City of Weatherford Town Wide Clean Up  
April 30, 2011. For more information call (580) 772-2294.

City of Geary Town Wide Clean Up  
April 25-29, 2011. For more information call (405) 884-5466.

*The Domestic Violence program services Canadian, Kingfisher, Blaine, Dewey, Custer, Washita, Beckham and Roger Mills counties.*



### Women Are Sacred

The Cheyenne and Arapaho tribes Domestic Violence Program provides **Counseling** for Native American women, including the elderly, who have been involved in domestic abuse, sexual assault or stalking.

**Advocacy** in obtaining victim's protective orders and referrals to agencies that may be of assistance to them.

**Support** for clients and their families while in crisis.

*For more information or help call (405) 422-7692-office or toll free (800) 247-0345 ext. 27692*

*This project is supported by Grant No.2209-TW-AX-0039 awarded by the Office on Violence Against Women, U.S. Department of Justice*

## Layered Carrot Cake

### Cooking with USDA Foods

*Recipes furnished by the Cheyenne & Arapaho Food Distribution Program*

#### Carrot Cake Batter:

- 2 cups all-purpose flour
- ¼ cup vegetable oil
- ¾ cup granulated sugar
- 2 large eggs
- 2 teaspoons baking soda
- 2 egg whites
- 1 teaspoon ground cinnamon
- 1 Tbsp vanilla extract
- 1 teaspoon salt
- 3 cups grated carrots
- 1 (8-oz.) can crushed pineapple, drained
- Vegetable cooking spray

#### Cream Cheese Frosting:

- 1/2 (8-oz.) package 1/3-less-fat cream cheese
- 2 tablespoons butter, softened
- 1 teaspoon vanilla extract
- 3 cups powdered sugar

- 1 to 2 tsp. fat-free milk (optional)

#### Prepare Batter:

- Preheat oven to 350°. Combine first 5 ingredients in a large bowl; make a well in center of mixture. Whisk together pineapple and next 4 ingredients; add pineapple mixture to flour mixture, stirring just until dry ingredients are moistened. Fold in carrots. Pour batter into 2 (8-inch) round cake pans coated with cooking spray.
- Bake at 350° for 22 to 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on a wire rack 10 minutes. Remove from pans to a wire rack; cool completely (about 1 hour).

#### Prepare Frosting:

Beat first 3 ingredients at medium speed with an electric mixer until smooth. Gradually add powdered sugar to butter mixture; beat at low speed just until blended. (Do not overbeat.) Beat in up to 2 tsp. milk for desired consistency. Place 1 cake layer on a serving plate; spread with 2/3 cup frosting, and top with remaining cake layer. Spread remaining frosting over top and sides of cake.

## NOTICE

Oklahoma Indian Nation Pow-wow Committee now accepting Food and Arts/Crafts Vendor Applications for the 23rd annual OIN powwow Aug. 5-7, 2011.

|                                                                                                                                                       |      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| FOOD                                                                                                                                                  | VEN- |
| DOR: \$350 (for three day weekend).                                                                                                                   |      |
| ARTS and CRAFTS                                                                                                                                       |      |
| VENDOR: Small Setup: \$35 daily (10 x 10) Large Setup: \$50 daily.                                                                                    |      |
| Vendors please contact Information Christine Morton, (405) 476-1134 or by email, <a href="mailto:cm_arapaho@hotmail.com">cm_arapaho@hotmail.com</a> . |      |

*From the Tribal Tribune staff*

## BRIEFS

### Tribal Food Service Management

April 18-19, 2011 at the Platinum Hotel in Las Vegas, Nev. For more information or to register visit [www.fal-mouthinstitute.com](http://www.fal-mouthinstitute.com).

### Indian Community Development Block Grant (ICDBG) Training Program

April 18-20, 2011 in Oklahoma City, Okla. Introduction to Indian Community Development Block Grant program, Community Development process, Indian

### Community Development Block Grant application requirements and Grants Management.

For more information or to register visit [www.hud.gov](http://www.hud.gov).

### The eighth annual Construction in Indian Country International Conference

April 25-27, 2011 at the New Wild Horse Pass Hotel and Casino in Chandler, Ariz. For more information or to register visit [www.construction.asu.edu/ciic](http://www.construction.asu.edu/ciic).

### Native American Women's Leadership Seminar

April 28-29, 2011 at the DoubleTree Hotel in Albuquerque, N.M. For more information or to register visit [www.nativeamericanconsulting.com](http://www.nativeamericanconsulting.com) or call (202) 642-4724.

### Basic Indian Law Seminar

April 28-29, 2011 at the DoubleTree Hotel in Albuquerque, N.M. Topics include Tribal Sovereignty and role of Tribal, Federal and State government in the operation of Tribal Law. For

more information or to register visit [www.nativeamericanconsulting.com](http://www.nativeamericanconsulting.com) or call (202) 642-4724.

### Tribal Court Clerk Seminar

April 28-29, 2011 at the DoubleTree Hotel in Albuquerque, N.M. For more information or to register visit [www.nativeamericanconsulting.com](http://www.nativeamericanconsulting.com).

### The 11th annual Wind River Business Conference and Native American Business Expo

May 4, 2011 at the Central Wyoming College Intertribal Education and Community Center in Riverton, WY. For information visit [www.black-tie-america.com](http://www.black-tie-america.com).

### Tribal Nation Energy Summit with American Indian/Alaskan Native Governments

May 5, 2011 in Washington, D.C. For more information call (202) 586-5000 or email [tribalconsultation@hq.doe.gov](mailto:tribalconsultation@hq.doe.gov).

### The 12th annual Native

### American Finance Conference

May 16-17, 2011 at the Talking Stick Resort in Scottsdale, Ariz. For more information or to register visit [www.imn.org](http://www.imn.org).

### The second annual Native American Health Care Conference/Native American Diabetes Workshop

May 23-24, 2011 at the Treasure Island Hotel and Casino in Las Vegas, Nev. For more information or to register visit [www.nativenationsevents.org](http://www.nativenationsevents.org).



# PROGRAM PROFILE

## Economic Development Program

7781 N. Hwy. 81-P.O. Box 96  
Concho, OK 73022  
(405) 422-7461



**Buffalo Program \* Farm & Ranch Program \* Construction Program \*  
Fire Management Program \* Geary Nursing Home \* Calumet Grocery  
Store \* Tribal Smoke Shops**

### Goals of Economic Development

The Economic Development Department has experienced significant growth in relation to the programs' goals of creating initiatives designed to enhance self sufficiency and self determination as well as creating jobs in the areas of enterprise management, business development, construction, agriculture, land conservation, buffalo, horse and cattle ranching.

### Employment Growth

Of 130 employees, 128 are Cheyenne-Arapaho tribal members. Specialized skilled trades include plumbers, electricians, HVAC, carpenters, roofers, heavy equipment operators, concrete masons, laborers, lawn crews, fence crews and farm and ranch crews. Business development includes Calumet Grocery Store, Geary Nursing Home, Tribal Smoke Shops and the C-A Wind Energy Project.

### Collaborative Efforts

Collaboration with Crisis and Elder Care Programs, Eligibility dependent

on those Program guidelines, Elder Care projects given first priority, Redlands Equine Training Program, Oklahoma Small Business Development Center.

### Upcoming Construction Projects

We are now a design-build contractor in collaboration with RIGID Building Systems

Metal Frame Buildings on all phases of construction such as convenience stores, storage units, office facilities, etc. Product is at factory cost for Tribal construction consists of free engineering and design from RIGID, EDEV construction is responsible for the actual construction of the building. Convenience Store/Fast Food Restaurant/Gift Shop/Smoke Shop construction plans in Hammon, Canton, Elk City and Concho.

### Concho School Project

Renovation to create office space for Tribal programs, five construction workers on a daily basis, demolition, HAZMAT, carpenters and bricklayers.

### Farm, Buffalo, Horse and Cattle Project

Working diligently to help conserve, protect and enhance the native wildlife. Approximately 250 head of buffalo. Expect to receive an additional 30 to 40 more pure bred buffalo from Yellowstone National Park. Enhance the Diabetes Wellness Program and Ceremonial events, Equine Training Project developed with individually owned tribal horses. Cattle Project 100 head of grass fed cows/calves.

### Comprehensive Economic Development Strategy

Establishment of a plan that acts as a guide to outline short and long-term goals designed to attract new business and industry. To protect the environment and natural resources within our tribal lands. Collaboration with other Tribal programs and continue to meet the needs of the communities by incorporating our traditional values.

## Darlington School 8th Grade Honor Students



*Submitted photo*

*Eighth grade honor students are recognized at Darlington Public School. Pictured l-r: Raini Howlingwater, Principal Jimmie Smith and Christian Wassana.*

## Camp Sponsorships

The Cheyenne and Arapaho tribes, Wellness Diabetes Program will be sponsoring ten children ages 8-12 to attend the Native Youth Preventing Diabetes (NYPD) summer camp.

The dates for the NYPD summer camp are June 13-17, 2011 and the deadline to sign up is **May 13, 2011**. For more information contact Chris Tallbear (405) 422-7679 or by email ctallbear@c-a-tribes.org.



**2011 R.E.Sp.E.C.T. Spring Slow-Pitch  
Softball League, Concho OK**

League begins April 27

**DEADLINE TO ENTER: APRIL 22, 2011**

*All teams must have a  
minimum 5 male & 5 female players  
with a 15 person limit*



*Players must be a  
Cheyenne-Arapaho tribal member  
Enrolled tribal member living  
within the CIA service area  
Tribal employee 18 years or older*

For more information or to register team  
call (800) 247-4612 ext. 27570

**4th Annual Jim Thorpe Native  
American 5K National  
Championships & Community 5K  
Run**



**Special recognition of  
Jerry & Terri Tuckwin  
and Esther Felipe**

**Time: 8:00 am**

Race will be held on the campus of Southwestern Indian Polytechnic Institute located at 9169 Coors Rd NW Albuquerque, New Mexico  
The course is a flat, paved, 2 loop course and is considered one of the fastest courses at altitude. This course is designed for very fast times.

Register Early for HUGE discounts.  
Teams, families, clubs,  
organizations & businesses.  
Contact SWTC to discuss discounts  
for multiple entries.

For more information or to have a  
entry form sent to you, email:

SportsWarriorsTC@aol.com

Call: 505 710-3323



5k Runs (competitive)  
1K Kids Race (12 & Under)  
(competitive)  
1 & 2 Mile Fitness Walks  
(non-competitive)  
400 Meter toddler dash  
(non-competitive)

All entrants in the toddler 400  
meter non-competitive dash  
receive awards and a goodie bag

Top finishers in the  
1K receive medals.

Post race refreshments  
included with your entry

Pre and Post race chiro-  
practic adjustments

Proceeds benefit SIPI  
Rodeo Club and SWTC

**SATURDAY JUNE 18, 2011  
ALBUQUERQUE, NEW MEXICO**

There will be a traditional Pueblo style throw  
after all the events have been contested

\* Beautiful unique Native design awards to top  
finishers.  
\* Other cultural events are being planned for the  
participants enjoyment.

ALL FORMER HASKELL ALUMNI, CROSS-COUNTRY AND TRACK AND FIELD RUNNERS  
ARE ENCOURAGED TO ATTEND THIS HONORING OF THE TUCKWINS, REGARDLESS OF

## OKLAHOMA INDIAN NATION



## 2011 PRINCESS CORONATION DANCE

**May 28, 2011  
Concho Community Center  
Concho, Okla.  
Supper - 5 p.m.  
Dance to Follow**

Head Staff:

MC: Burl Buffalomeat  
HS: Wesley Roy  
MMD: Victor Maldonado  
HLD: Crystal Thompson  
HLB: Rilyn Bell  
HLG: Jennifer Birdshead  
Host Family: LittleRaven Family  
AD: Mac SittingBull  
Honored Guests: 2010 Outgoing Royalty  
Johnnie BigMedicine, Alexis Ortiz-Youngbear, Miklyn Lumpmouth

For more information  
call (405) 422-3477

## Soldier Dance for Orion Mills-U.S. Army

**April 30-Concho Community Hall  
Gourd Dance - 2 p.m.  
Supper - 5 p.m.  
Dance to Follow**

**Special Introduction  
2011-12 American Indian  
Exposition Arapaho Princess  
Mikayla Skye Horse**

MC-Gerald Panana, U.S. Army  
Head Singer-Jim "Ducky" Anquoe, U.S. Marines  
HM Gourd Dancer-Funston Whiteman, U.S. Marines  
HM War Dancer-Chester "Pepper" Teiyah  
HL Gourd Dancer-Rosemary Conner, U.S. Marines  
HL War Dancer-Ricque Richardson  
HLB-Devin Whiteman  
HLG-Vivianna Bautista  
Arena Director-Alan Fletcher

**Sponsored by Olivia Hail Buckley,  
Family and Friends**

*Special invitation  
Veterans & War Mother Societies*



# Powwows & Events CALENDAR

### Moody Blues Concert

Wednesday, May 4, 2011 at the Lucky Star Event Center in Concho, Okla. General admission \$40, VIP \$90. For more information or to order tickets visit [www.ticketstorm.com](http://www.ticketstorm.com) or call (866) 966-1777.

### Special Tribal Council Meeting

Saturday, 10 a.m., May 7, 2011 at the Concho Community Center in Concho, Okla. For more information call Tribal Council Coordinator, Lisa Martin at (405) 422-7497.

### Cheyenne and Arapaho tribes' Mother's Day Celebration

Sunday, May 8, 2011 at the Concho Community Center in Concho, Okla. and the Clinton R.E.Sp.E.C.T. Gym in Clinton, Okla. Activities start at 12 noon. For more information call (800) 247-4612 ext. 27570 or 32601.

### Cheyenne and Arapaho Tribes Clinton Head Start Graduation

10 a.m., Tuesday, May 10, 2011 at the McClain Park Amphitheatre in Clinton, Okla. For more information call (580) 323-1748.

### Cheyenne and Arapaho Tribes Concho Head Start Graduation

6 p.m. Wednesday, May 11, 2011 at the Concho Community Center in Concho, Okla. For more information call (405) 422-7647.

### Cheyenne and Arapaho Tribes Canton Head Start Graduation

3 p.m. Thursday, May 12, 2011 at the Old Longdale Gym in Longdale, Okla. For more information call (580) 886-2817.

### Rolling Thunder Flame of Freedom and P.O.W./MIA Program hosted by the Cheyenne and Arapaho Tribes

Starting at 11 a.m., Saturday, May 14, 2011 at the Lucky Star Event Center in Concho, Okla. All day events include missing man ceremony, dog tag ceremony, candle lighting ceremony and more. For more information contact Francine Worthington at (405) 422-7492.

### Graduation Dance for Sheby Lynn White Thunder

May 15, 2011 at Concho Community Center in Concho, Okla. Dance starts at 3 p.m. Supper at 5 p.m. For more information contact Tommy White Thunder at (405) 329-4051 or by email, whitethundershelsie@yahoo.com.

### R.E.Sp.E.C.T. Elders Day Out

May 18, 2011 at the Oklahoma City Zoo in Oklahoma City. For more information call (800) 247-4612 ext. 27570.

### Oklahoma Indian Nation's 2011 Princess Coronation Dance

May 28, 2011 at the Concho Community Center in Concho, Okla. Supper at 5 p.m., dance to follow. Honored guests are the 2010 Outgoing Royalty, Johnnie BigMedicine, Alexis Ortiz-Youngbear and Miklyn Lumpmouth. For more information call (405) 422-3477.

### The 24th annual Sovereignty Symposium

June 1-2, 2011 at the Skirvin-Hilton Hotel in Oklahoma City. For more information visit [www.thesovereigntysymposium.com](http://www.thesovereigntysymposium.com).

### The 25th annual Silver Anniversary Red Earth Festival

June 2-5, 2011 at the Cox Convention Center in Oklahoma City. For a schedule of events, dance competition and artists

## HONOR DANCE FOR

## Janice PrairieChief-Boswell

## Sunday, April 17, 2011

## Lucky Star Event Center

## Concho, Okla.

## Gourd Dance 3 p.m.

## Supper 5 p.m.

## Grand Entry 7 p.m.

MC-Winslow (Chubby) Sankey  
HS-Stewart Candy  
HMD-Michael Whitecloud  
Head War Dancer-Ernie Big Medicine  
HLD-Edwina Whiteman  
HLBD-Eric Patton  
HLGD-Eryn Roman Nose  
AD-Ha'Stylez

*NO SPECIALS*

*Vendors Welcome  
Fee Required*

*Adult Contest:*  
*Women's Fancy Shawl/Jingle, Women's Cloth/Buckskin*  
*Men's Straight/Traditional, Men's Grass/Fancy*  
*1st-\$300 2nd-\$200 3rd \$100*  
**DRUM CONTEST - \$1,000**



# Happy Birthday



Happy Birthday  
Becky Harris  
April 14  
Once upon a time, a very special wish came true and life was blessed forever with one and only you.  
Love mom, dad, LT, Renecia, Erin, Jeremiah, Joni, Tehya and Lily-The Harris family.



Happy 8<sup>th</sup> Birthday  
Isaac Lakota He Crow-Sleeper  
April 15  
We love you very very much!  
Your family in OKC



Happy Birthday Kaleigha!!!  
From your friends and teachers at Concho Head Start.



Happy 1st Birthday  
Luca Gaines!  
Mar. 24  
We love you and miss you bunches. Muah!  
Love grandma Gaines, grandpa Gaines, Monty, Melissa, Michelle, Markus, Sheena, Silvia, and your awesome cousins.



Happy 10th Birthday  
Erica Hail. April 26  
We love you from Nana and Papa, sister Kiona, and your dog Gizzy.



Presley "Olive" Sankey  
Happy 2<sup>nd</sup> Birthday  
We love you!!  
Mommy, nana, auntie, Amber, sissy Micah, and sissy ThrowingWater.



Happy 8<sup>th</sup> Birthday  
K.K.  
We all love you.



Congrats little Plumes  
For making student of the month.  
Love always, mom, grandma, grandpa and the rest of the family.



Happy Birthday Monica!!!  
From your friends and teachers at Concho Head Start.



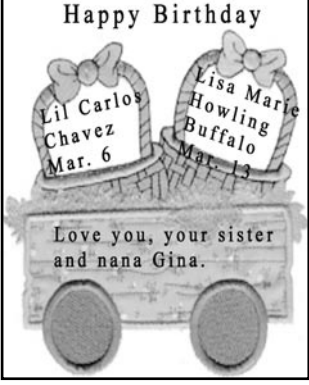
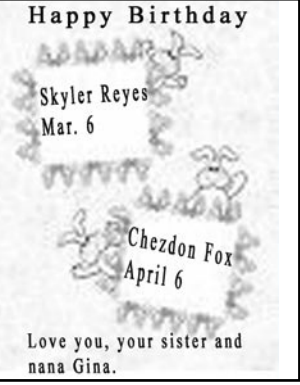
Happy Birthday  
Nevaeh Marie  
Our little princess  
May God bless you.  
Love always, mom, grandma Tammy great grandma LaFreda and grandpa Wayne and rest of the clan.



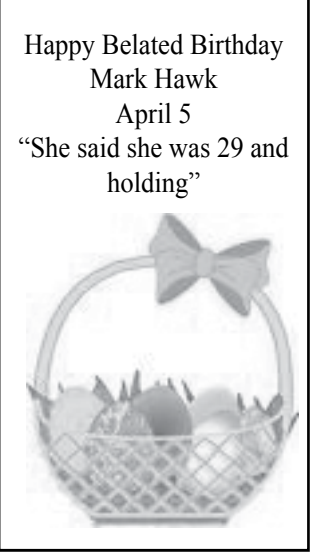
Happy 20<sup>th</sup> Birthday  
Paige  
April 16  
My one true treasure was brought to me twenty years ago, and I named her Jennifer Paige. I want you to know, no matter how many birthdays may come and go you will always be my little girl. I am very proud of the young lady you are blossoming into.  
Loving you always, momma.



Happy Birthday Phallyn!!!  
from your friends and teachers at Concho Head Start.



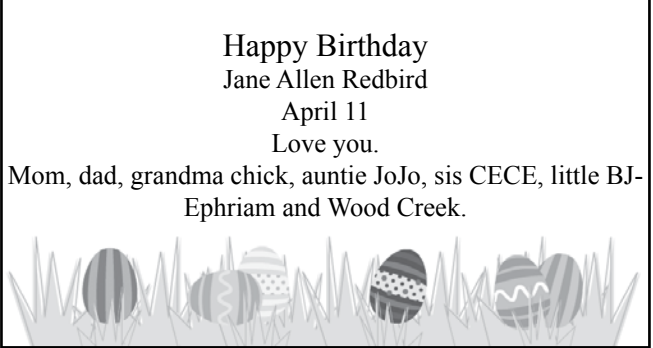
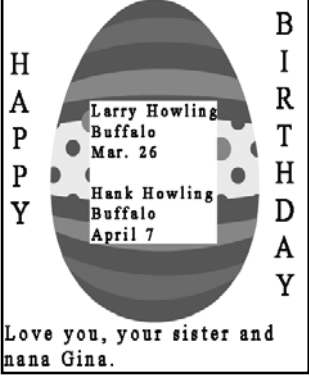
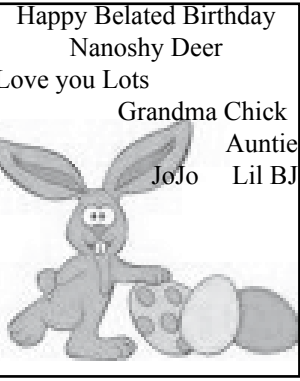
Happy Birthday Trestan !!!  
From your friends and teachers at Concho Head Start.



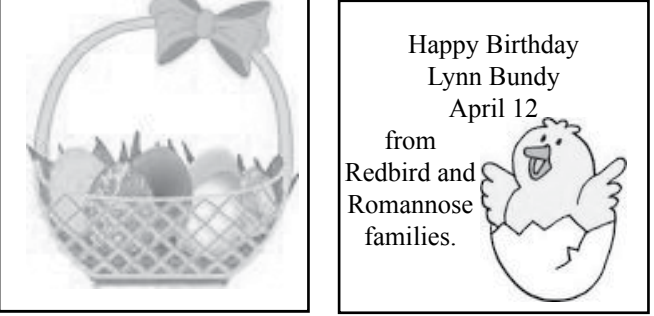
Happy Belated Birthday  
Mark Hawk  
April 5  
"She said she was 29 and holding"



Happy Birthday Mom  
From your children Christian, Christa and Elias.  
Also J.C. and aunt Sue.  
We all love you.



Happy Birthday  
Jane Allen Redbird  
April 11  
Love you.  
Mom, dad, grandma chick, auntie JoJo, sis CECE, little BJ-Ephriam and Wood Creek.



Happy Birthday  
Lynn Bundy  
April 12  
from Redbird and Romannose families.



Clifford Thunderbull  
April 4, 1969-May 5, 2000



Courtney Thunderbull  
July 11, 1992-April 16, 2010

*To Our Loving Family*

There are a few things we would like to say... but first of all to let you know I arrived okay;

We share the writing from heaven, dwelling with family and God above; it is so beautiful here filled with eternal love; Please don't be unhappy just because we're out of sight; remember that we're with you every morning, noon and night;

Grandma and Granny, that day I had to leave you -my life on earth was through, but Clifford was waiting and said, "God wanted me to welcome you."

When we reached the gates of heaven our Lord and Savior said, "Courtney... good to have you back again; you were missed while you were gone, as for your loving family, they'll be here later on,"

He needs us here so badly; we are part of his plan, there's so much we have to do, to help our mortal man."

God gave us a list of things that he wished for us to do, and foremost on the list was for me and Clifford to continue watching over and caring for you;

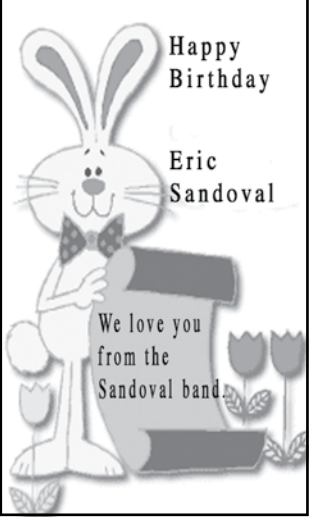
When you lie in bed at night, the day's chores put to flight., we are closest to you.... in the middle of the night;

When you think of our lives on earth and how short the years, because you are only human, they're bound to bring you tears; God says, do not be afraid to cry it does relieve the pain, remember he could not pick his special flowers, unless there was some rain;

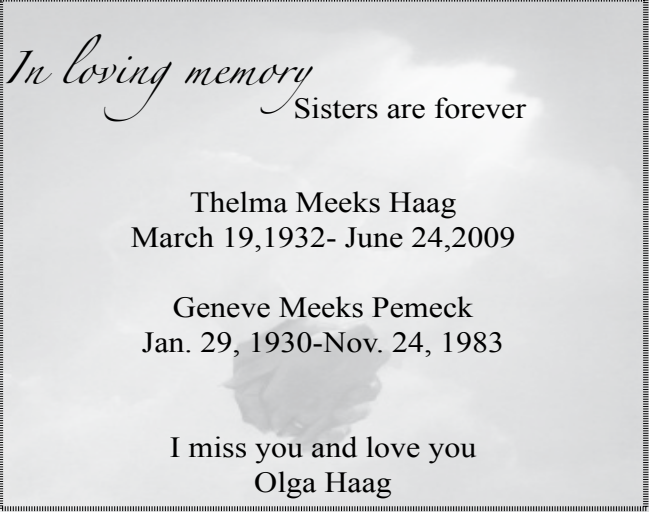
There are few rocky roads ahead of you and some small hills to climb; but together we can do it by taking it one day at a time;

When you're walking through the day and you've got us on your mind, listen carefully... we're walking in your footsteps, only half a step behind; and when God picks your flower, please don't raise a fuss... remember you're not going.....you're coming home to us.

We love you and are always with you!  
Courtney and Clifford Thunderbull



Happy Birthday  
Eric Sandoval  
We love you from the Sandoval band.



*In loving memory*  
Sisters are forever

Thelma Meeks Haag  
March 19, 1932- June 24, 2009

Geneve Meeks Pemeck  
Jan. 29, 1930-Nov. 24, 1983

I miss you and love you  
Olga Haag

Hi Bear I love you,

I am just writing this here because it's the only way I know that I can shout to the world I love you!

The day you came into my life a miracle happened. One minute I was resigned to the fact that love was a part of my past, something although painful to think about, was nothing more than mere memory and then you walked into my life.

You are opening my heart in ways it had never been opened before. You awakened a part of me that had lay dormant for such a long time. Although I had loved and been loved before, never has it been so intense and so deep. We share a love so true that I have never before experienced the true joy of complete empowering, soul-felt love as we share.

I believe we can get through the roughest of times and still know in our hearts that we can't live without each other.

Baby, you matter to me and I know in my heart I truly matter to you. I am secure in your love as I know you are in mine. What more could we ask for than to be truly loved as we do each other and have found the one we have both been searching for all our lives.

So, to all you out there who read this letter of love, if you've found it, hold it tight, cherish, respect, and be kind to each other. This kind of love is rare and special beyond words. For those of you haven't found it yet, don't give up and settle... they're out there and if you're lucky, someday you will know what these words I've just written mean... you'll feel them in your heart.

So, in closing, let me shout this to all..., "I love you baby with all my heart and soul"

Your lady



# Employment Opportunities

Submit tribal application, resume, diploma, transcripts, valid Oklahoma state driver’s license, and CDIB to: Personnel Department P.O. Box 38 Concho, OK 73022 or e-mail: [whaag@c-a-tribes.org](mailto:whaag@c-a-tribes.org)

**Transit Drivers II**  
**On Call-3 Positions**  
**Closing Date: Until Filled**

**QUALIFICATIONS:**  
Must possess or be willing to attend training programs to gain CPR and CDL certifications. Must pass a pre-employment drug screening process and subject to random drug testing. Must maintain a clean driving record and may be required to provide a Motor Vehicle Report (MVR). Must be able to lift a minimum of 50 lbs. with no physical barriers. Must possess the ability to communicate effectively both orally and written. Must possess high school diploma, possible completion of a commercial driving training program and defensive driving program. Experience may be an acceptable equivalent.  
**SALARY:** Negotiable

**CHR-Temporary**  
**Seiling, Okla. Area**  
**Closing Date: Until filled**

**QUALIFICATIONS:**  
Cheyenne or Arapaho tribal member preferred. Have EMT, medical assistant, CMA, or CNA experience. Have current CPR certification. Valid Oklahoma state driver’s license and be insurable under the tribe’s insurance. Must reside in service area. Must pass a physical and be in good physical condition. Must pass basic CHR training and first responder training within one year. Travel required in duties. Submit program PCC and mileage/maintenance on a weekly basis. Maintain GSA vehicle responsibility. Must pass OSBI background check. Must have minimum of high school diploma or G.E.D. Must have own reliable vehicle and residential telephone. Must be able to work outside of normal working hours as needed. Other duties as assigned.  
**SALARY:** Negotiable

**Caseworker IIM**  
**Social Services**  
**Closing Date: Until Filled**

**QUALIFICATIONS:**  
Prefer bachelors degree in social work or related field preferred; or an equivalent combination of education and experience. Require two years of experience in professional related field and supervisory experience. Work flexible hours and willing to work after normal business hours. Possess communication skills, written and oral, to relate to Indian and non-Indian communities, other agencies and the general public. Maintain a high level of confidentiality on all client matters and other matters protected by the Privacy Act as well as other confidentiality regulations. OSBI and criminal background check required and be adjudicated appropriately. Must possess a current Oklahoma driver’s license to operate a government owned vehicle. Prefer knowledge of Cheyenne and Arapaho/Native American cultures and values. Work with difficult clientele with various social problems and/or needs. Cheyenne and Arapaho preference.  
**SALARY:** Negotiable

**House Parent**  
**Emerg. Youth Shelter**  
**Closing Date: Continuous**

**QUALIFICATIONS:**  
High school diploma or G.E.D. required with preference given to post secondary training in the following related fields, child development, nutrition, culinary arts and psychology. One year experience working in situations related to children. Must be able and willing to work alternating shifts on weekends, nights and holidays. Must retain a valid Oklahoma driver’s license and have a clean driving record. Must pass criminal record check. Must have a telephone or cell phone at place of residence. Three current letters of references required. Current TB skin test or chest x-ray and pass complete physical examination.  
**SALARY:** Negotiable

**Head Start Center Supv.**  
**Concho**  
**Closing Date: April 19, 2011**

**QUALIFICATIONS:**  
Must have tier I or training in center administration and management and have one of the following. A high school diploma or G.E.D. and five years experience working full time in a child care setting and 40 documented clock hours of tier I or higher training in accordance with OK-DHS that includes child development, early childhood education or closely related field. Child Development Associates creditable or Certified Child Care professional credentials and three years of satisfactory experience in a child care setting. An associate’s degree with at least 12 hours of college credit hours of tier III training in early childhood education or an approved related subject and two years of satisfactory experience in child care setting. An associate’s degree in child development, early childhood education or a closely related subject and one year satisfactory full time experience in a child care setting. A bachelor’s degree with at least 12 hours college credit of tier III training in early childhood education or an approved related subject, in accordance with OKDHS and one year of satisfactory full time experience in a child care setting. A high school diploma or GED and successful completion of a child care training program that meets the criteria approved by the Child Care Advisory committee.  
**SALARY:** Negotiable

**Assistant Director**  
**R.E.Sp.E.C.T.**  
**Closing Date: Until Filled**

**QUALIFICATIONS:**  
Must possess a high school diploma/GED; AA degree preferred or four years of work experience in related field or its equivalent; must be willing to further education (associates or bachelors degree); must receive and maintain CPR/First Aid Certifications; knowledgeable about the Cheyenne and Arapaho people, communities, traditions, culture and customs; possess a valid Oklahoma Driver’s license; TERO applies (Cheyenne and Arapaho Tribal Preference); and must pass a background check.  
**SALARY:** Negotiable

**Data Entry Clerk**  
**CHR Program**  
**Closing Date: April 20, 2011**

**QUALIFICATIONS:**  
High school diploma or G.E.D. equivalent is mandatory. Minimum of one year of relevant experience is required. Certificate of completion of a program or training in computer science or related field is preferred. Individual must possess a valid Oklahoma state driver’s license, be insurable and have a clean driving record. Must be able to pass physical. Must pass an OSBI background check. Must complete a required Indian Health Service computer security training before RPMS access is granted. Must have proof of negative TB skin test and other immunizations as required by the Indian Health Service. Regular attendance is required.  
**SALARY:** Negotiable

**Meal Delivery Driver**  
**Elderly Nutrition-Geary**  
**Closing Date: April 19, 2011**

**QUALIFICATIONS:**  
Valid Oklahoma state driver’s license require and be 55 years of age or older. Clean driving record for insurance purposes. Willing to work other than normal working hours. Knowledge of the area and the people. Cheyenne-Arapaho preference.  
**SALARY:** Negotiable

**Fence Crew/Laborer**  
**Economic Development**  
**Closing Date:Continuous**

**QUALIFICATIONS:**  
Dependable, physically fit and able to lift a minimum of 75 lbs. or more. Knowledgeable in operating farm equipment. Willing to work until daily tasks are completed. Must be able to work on an on-call basis. High school diploma or GED required and valid Oklahoma driver’s license.  
**SALARY:** Negotiable

**Tribal Offices will be closed Monday, April 25, 2011 in observance of the Easter holiday.**



**Cheyenne Language**  
**“Word of the Day”**  
**Monday: Ėne-ma’heóne éšéěva**  
**Pronounced: i ni Ma hi yo nii sshii vi**  
**Literal Translation: End of the Lord’s Day**

**Hinóno’etítit Arapaho Language**  
**“Word of the Day”**  
**Orange-Niihooyoo’**  
**Pronounced: Knee-haw-yaw**

**In Memorium**

**Rosalin Reynolds**  
Jan. 6, 2006 -  
March 23, 2011

Wake service was held March 30, 2011 and funeral services were held March 31, 2011 in Watonga, Okla.

Interment was held at the Concho Cemetery in Concho, Okla.

**Edward Truman Whiteshield**  
Aug. 29, 1961-  
March 28, 2011

Wake service was held April 1, 2011 in Clinton, Okla.

Funeral services were held April 2, 2011 in Thomas, Okla.

Interment was held at Mound Valley Cemetery.

**CHEYENNE & ARAPAHO TRIBES**  
**OF OKLAHOMA**  
**FILED APR - 5 2011**

**IN THE TRIAL COURT OF THE**  
**CHEYENNE AND ARAPAHO TRIBES**  
**CONCHO, OKLAHOMA**

**TRIBAL CHILD SUPPORT SERVICES,**  
**EX. REL.,**  
**REBECCA NORRIS,**  
**PLAINTIFF,**  
**VS.**  
**CHRISTOPHER BLACKOWL,**  
**DEFENDANT.**

**CASE NO.: CNA-JFD-95-44**  
**FGN: 232457001**  
**REBECCA NORRIS**  
**CUSTODIAN**  
**CHRISTOPHER BLACKOWL**  
**OBLIGOR**

**NOTICE BY PUBLICATION**

**TRIAL COURT OF THE CHEYENNE AND ARAPAHO: CHRISTOPHER BLACKOWL**

**TAKE NOTICE** that a Motion of Income Assignment on Per Capita income has been filed in the above mentioned court. You must appear in the Trial Court of the Cheyenne and Arapaho Tribes, Concho, Oklahoma on the 7<sup>th</sup> day of June, 2011, at 10:00 a.m., or the court shall issue an order granting income garnishment on the per capita income and other relief sought will be granted to the Plaintiff.

**Given under my hand and seal this** 5 **day of** April, 2011.  
*Rebekah Martin*  
**COURT CLERK**  
Trial Court of the Cheyenne and Arapaho Tribes  
*April S. Buck*  
April S. Buck, OBA# 18921  
P.O. Box 1809  
Ada, Oklahoma 74821  
(866) 431-3419  
**ATTORNEY FOR TRIBAL CHILD SUPPORT ENFORCEMENT**

**CHEYENNE & ARAPAHO TRIBES**  
**OF OKLAHOMA**  
**FILED APR - 5 2011**

**IN THE TRIAL COURT**  
**CHEYENNE AND ARAPAHO TRIBES OF OKLAHOMA**  
**P.O. BOX 102**  
**CONCHO, OKLAHOMA 73022**

**In The Matter Of The Guardianship Of:**  
**JOHNATHAN NATHANIAL BIG MEDICINE**  
**A Minor Child**

**CASE NO. CIV-2011-16**

**NOTICE BY PUBLICATION**

**The Cheyenne and Arapaho Tribes to: DONNIE BEARD**

**You are hereby notified** that Randy Buttry and Cynthia White Eagle has filed in this Court a Petition For Appointment Of Guardian of the person and/or estate of Johnathan Nathaniel Big Medicine minor child and that said Petition is hereby set for a hearing in the Courtroom of said Trial Court of the Cheyenne and Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the **26th** day of **APRIL, 2011 at 10:00 A.M.**, at which time you may appear and show cause, if any you have, why said guardianship should not be granted.

**Dated this** 7<sup>th</sup> **day of** April, 2011.  
*Rebekah Martin*  
**Rebekah Martin, Interim Court Clerk**  
Cheyenne and Arapaho Trial Court

**CHEYENNE & ARAPAHO TRIBES**  
**OF OKLAHOMA**  
**FILED APR - 5 2011**

**IN THE TRIAL COURT OF THE**  
**CHEYENNE AND ARAPAHO TRIBES**  
**CONCHO, OKLAHOMA**

**ANDREW ALLEN WASSANA,**  
**PLAINTIFF,**  
**VS.**  
**TRIBAL CHILD SUPPORT SERVICES,**  
**EX. REL.,**  
**MARALEE ANN WASSANA,**  
**DEFENDANT,**

**CASE NO. CIV-2011-16**  
**FGN: 366945001**  
**MARALEE ANN WASSANA**  
**CUSTODIAN**  
**ANDREW ALLEN WASSANA**  
**OBLIGOR**

**NOTICE BY PUBLICATION**

**TRIAL COURT OF THE CHEYENNE AND ARAPAHO TRIBES: ANDREW WASSANA**

**TAKE NOTICE** that a Motion for Income Assignment on Per Capita Income has been filed in the above mentioned court. You must appear in the Trial Court of the Cheyenne and Arapaho Tribes, Concho, Oklahoma on the 7<sup>th</sup> day of June, 2011, at 10:00 a.m., or the court shall enter an order granting an income assignment on the per capita income and other relief sought will be granted to the Plaintiff.

**Given under my hand and seal this** 5<sup>th</sup> **day of** April, 2011.  
*Rebekah Martin*  
**COURT CLERK**  
Trial Court of the Cheyenne and Arapaho Tribes  
*April S. Buck*  
April S. Buck, OBA# 18921  
Susan Arkebata, OBA# 20456  
P.O. Box 1809  
Ada, Oklahoma 74821  
(866) 431-3419  
**ATTORNEY FOR TRIBAL CHILD SUPPORT ENFORCEMENT**



# Meatloaf and Hinder perform at Lucky Star Casino, Concho, Clinton



Performance from Meatloaf and Hinder rock Oklahoma. Meatloaf performed March 31, 2011 at the Lucky Star Event Center in Concho, Okla. Hinder performed April 8, 2011 at Clinton’s Lucky Star Casino in Clinton, Okla. Upcoming events and performances to be held at the Lucky Star Event Center include David Crosby and Graham Nash, Friday, April 15, the Bellatour/C3 Fights on April 23, Moody Blues May 4 and Brian McKnight, June 17, 2011. For tickets visit [luckystarcasino.org](http://luckystarcasino.org) or [ticketstorm.com](http://ticketstorm.com). For more information call (800) 966-1777.



Photo by Melinda Elmore

# Annual Mount Graham Sacred run

By Melinda Elmore, Tribal Tribune correspondent

SAN CARLOS — The arrival of runners to the Old San Carlos Memorial was an inspiration for all who attended. As the sun faded, the sacred site was picture perfect. The Mt. Graham Sacred Run began in 1991, where runners ran approximately 150 miles until they reach the sacred Mt. Graham site, where the sacred blessing, performed by the runners, in honor of the past runners who ran this sacred path before them and who have now passed on into the spirit world. The Old San Carlos Memorial Site is breathtaking, a place my family will return. As I stood on this sacred ground, facing the monument, amongst the runners, Tribal Chairman Nosie, Sr., my family, and all the Apache people, I felt the presence of the one’s who where there before me, which is a blessing all by itself. So if you want to experience this sacred event for yourself then try and attend this year’s event. For more information you can contact me at [nativeauthor@gmail.com](mailto:nativeauthor@gmail.com) and I will direct you in the right direction to make contact with the appropriate person who holds the event every year.

Elders Day Out  
May 18, 2011

Oklahoma City Zoo  
10:30 a.m. - 2:30 p.m.



| Transportation Schedule               |                                        |
|---------------------------------------|----------------------------------------|
| Hammon-Cowboy Junction<br>7:15 a.m.   | Woodward-WalMart<br>7:00 a.m.          |
| Elk City-Love's<br>7:30a.m.           | Seiling-Shell<br>7:30 a.m.             |
| Clinton-Homeland<br>8:15 a.m.         | Canton-Shell<br>8:00 a.m.              |
| Weatherford-Old Homeland<br>8:45 a.m. | Watonga-Karl's Apple Mart<br>8:30 a.m. |
| El Reno-Wal-Mart<br>9:45 a.m.         | Geary-North Store<br>9:00 a.m.         |
| Thomas-Terrier Express<br>8:30a.m.    |                                        |

Participants must be self sufficient. This days activities will involve walking. Please wear comfortable clothing and shoes.

For more information, please call (800) 247-4612 Ext. 27570





Photo by Alan Rogers

The Woodson Creek drum members are James Redbird, Joe Navanick, Roger Davis, Brandon Wermey, Evan Ortiz, Eric Sandoval, Guy Hicks III, Emmett Redbird Jr., Cecelia Littlecreek, Josetta Roman Nose, Sofia Sandoval and Sylvia Sandoval.

## Woodson Creek drum group perform

The Woodson Creek drum group performed at the Saluki powwow April 2, 2011 in Southern Illinois. The majority of the singers are members of the Cheyenne and Arapaho tribes with other members representing the Northern Ute, Comanche and Laguna Pueblo tribes. The Woodson Creek drum are relatively newcomers in the powwow world, however they are actively traveling and competing throughout the U.S. and have already won several drum contests. The Woodson Creek drum group is from El Reno, Okla. and was established in 2009. They said their group was formed in a garage that sits on Woodson Street “where a creek runs through the property ... so that’s how our name came about.”



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**June 3-5, 2011**

**Oklahoma City  
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**6pm - 10pm**

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this Easter! \$10,000**

**Earn entries with your  
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See Players Club for times and  
official rules and details.

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